

Trigger Points Injections

Pain Clinic Patient Information Leaflet

- Skin discolouration (a potential risk of steroid injection close to the skin).
- **Injection treatments are not always effective and may not help your pain.**
- **In rare circumstances, steroid use can damage your eyesight.** You should report any new visual disturbance to your doctor.

What follow-up will be arranged?

- The team will discuss any follow up with you.
- Usually you will be contacted by the Pain Team 4-6 weeks after your procedure.
- If you have any questions/ concerns you can contact the Pain Team. To leave patient experience feedback please go online to www.ruh.nhs.uk/FFT

More in-depth patient information is available: www.fpm.ac.uk/about-pain-medicine-patients-relatives/patient-information-leaflets

References: Faculty of Pain Medicine of the Royal College of Anaesthetists. www.fpm.ac.uk

If you have any queries please contact:

The Pain Clinic
Zone F, Department F18
RNHRD and Brownsword Therapies
Centre - Royal United Hospitals Bath

Intervention Follow-Up Advice Line: 01225 826896

(This is an Answer-phone Service, please leave a message. Phone messages are checked 14:00-15:00 Monday to Friday, we will aim to call back in 24-48 hours)

If you need advice during out-of-hours, please contact your GP or NHS111. For Emergency please dial 999.

The RUH, where you matter

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 428331 | www.ruh.nhs.uk

Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.psct@nhs.net or 01225 825656.



Trigger Points Injections

Checklist

- Bring a list of all current medications
- Make arrangements for someone to collect you after the procedure
- Wear loose comfortable clothing
- Glasses (if you need them to read)

Changes to your health

Please let your doctor know if:

- You have an infection
- You have started on anticoagulant or antiplatelet medications
- You have diabetes
- You have any allergies
- You are pregnant
- You are planning to travel abroad within 2 weeks of the injections

Consent

If you have any questions before your appointment you can contact the Pain Team. **Your doctor will obtain your signed consent before the injection.**

What is a Trigger Point Injection?

A trigger point is a tender area of your body, often a muscle, which when pressed causes pain. Normal muscle contracts and relaxes. At trigger points, the muscle may fail to relax and a knot or tight band of muscle is formed.

The RUH, where you matter

Several injections are usually made on a single occasion and can contain local anaesthetic, often with a small amount of steroid.

The procedure

- Observations will be taken.
- The injection site will be cleaned with antiseptic solution (this can feel cold).
- You will feel a pressure as the doctor identifies the tender areas by running a finger over the skin. Your doctor will warn you just before making the injections.
- You may feel pressure, tightness or a pushing sensation as the injection(s) are made.

Aftercare

- After the procedure you will be taken to recovery and monitored.
- You will usually be able to return home 15 minutes after the injection.
- Ideally, you should arrange for someone to stay with you for 24 hours.
- You should not drive, operate machinery, sign legal documents, provide childcare unsupervised or drink alcohol until fit to do so.
- You may experience some soreness or aching at the injection site.
- **Please keep the area of the injection dry for 24 hours following the procedure.**

- Do not worry if your pain feels worse for a few days, this sometimes happens; take your regular medications and this should settle.
- As your pain decreases, try to gently increase your exercise.
- Try not to overdo things on a good day so that you end up paying for it with more pain the following day.

Possible side effects and risks

As with any procedure, side-effects may occur. These are usually minor but there are risks with this procedure.

- **Mild local tenderness/bruising.** This usually settles over the first few days.
- Intravascular injection. During the injection, you may experience signs of local anaesthetic toxicity if the injection is passing into a blood vessel. You should inform your doctor immediately if you develop tingling around your mouth or a metallic taste, ringing in your ears, feeling drunk, dizzy, blurred vision, muscle twitches or difficulty in breathing
- **Infection.** This is rare. You should seek medical help if there is local warmth or redness over the site of injection with tenderness and/or you feel hot and unwell. This may require antibiotic treatment.
- Fat necrosis of the skin (a potential risk of steroid injection close to the skin) may rarely result in skin dimpling.